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metroNEWS

TUESDAY, AUGUST 16, 2016

High 22°C/Low 14°C Sunny!

Cameras installed to bust Victoria bunny dumpers

ZOMBEES are coming!

A parasite that puts honeybees into a zombie-like state and eventually kills them has been found in Nanaimo

metroNEWS

SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

Vancouver to build rentals on city land

AFFORDABLE HOUSING

Municipality, developers bypass feds, province

Matt Kieltyka
Metro | Vancouver

Four hundred units of below-market rental housing will be built on four sites owned by the City of Vancouver.

Mayor Gregor Robertson and Mukhtar Latif, chief housing officer and CEO of the Vancouver Affordable Housing Agency (VAHA), announced the city is moving ahead after partnering with developers on four city-owned parcels of land worth $50 million (117 West Pender St., 3510 Fraser St., 2221 Main St., 55-79 and 87-115 SW Marine Drive).

These are the first projects initiated by VAHA since it was launched two years ago with a mandate to create 2,500 new affordable homes in five years.

The four sites are among the 20 city-owned sites Vancouver has offered up to provincial and federal governments for affordable housing but Robertson said the city is pushing forward with the projects itself while Liberals in Ottawa develop their national housing strategy and the Liberals in B.C. figure out what to do with the money collected from its new 15 per cent foreign buyer real estate tax over the next year.

"We need to move all of these sites forward at the quickest possible pace to get the affordable housing built," said Robertson. "At this point, it's better to have these units in the pipeline and ready for people to rent. We want to make sure we have as much in the process and ready to be funded by the federal government to make sure the money can flow quickly."

Rents will range from $350 for Single Room Occupancy replacement suites at the Pender site to $2,000 for families at the Main and Marine Drive developments.

It will also include rentals for seniors on the Fraser Street site from $750 to $1,400 a month.

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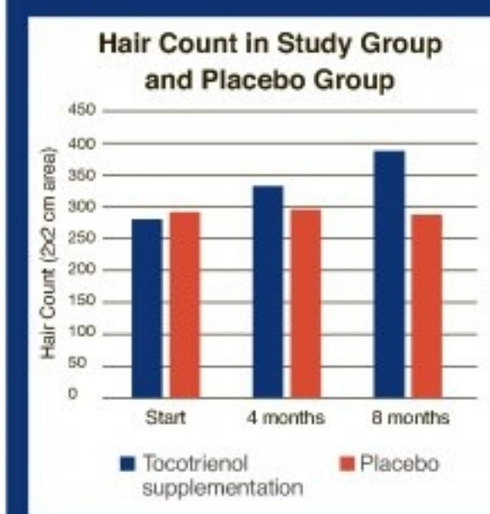
NEW natural ingredient produces 34% more hair in 8 months!

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at Shoppers Drug Mart, GNC and participating Walmart stores, as well as participating health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

This Vancouver home sold in June, but transactions fell overall between June and July.
THE CANADIAN PRESS

House sales cool locally, nationally

ECONOMY

Vancouver market leads slowdown in transactions

The Canadian Real Estate Association says July marked the third consecutive month of fewer home sales, as the Vancouver market slowed.

The association said Monday the number of transactions fell 1.3 per cent nationally between June and July, as more than half of all markets tracked showed declines in July — including Greater Vancouver and the nearby Fraser Valley, which slipped 6.7 per cent and 14 per cent, respectively.

The national sales in July were also down 2.9 per cent compared with the same month a year ago, as Greater Vancouver fell 18.3 per cent and the Fraser Valley lost 10.4 per cent.

"The real eye-catcher is the fact that mighty Vancouver has been largely responsible for the recent cooling, with seasonally-adjusted sales now falling in five straight months, albeit from gaudy record levels at the turn of the year," BMO senior economist Robert Kavcic wrote in a note to clients.

However, despite the drop in the number of sales, the national average price for a home sold in July was $480,743, up 9.9 per cent compared with a year ago. If Vancouver and Toronto are excluded from calculations, the average price was $365,033, up seven per cent compared with the same month last year.

"Where these two cities will go in the months ahead is where the story starts to get quite interesting," Kavcic wrote.

"As noted, Vancouver has already seen its market loosen up quite a bit recently, and the new tax could pile on to take some momentum out of price growth."

A new 15 per cent property transfer tax on foreign buyers came into force this month in Metro Vancouver. The tax was brought in by the B.C. government in hopes of helping to improve home affordability in the city where prices have skyrocketed in recent months.

TD Bank economist Diana Petramala suggested the new tax on foreign buyers in Vancouver is likely to reinforce the downturn already underway.

THE CANADIAN PRESS

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This comedian photobombed the PM to give him a taste of his own medicine. **Canada**

Bunny dumpers beware

ANIMAL WELFARE

Province installing cameras to catch culprits

Jen St. Denis
Metro | Vancouver

People who abandon rabbits on the side of a road can be fined up to $345 under the province's Wildlife Act. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

For years, people have dumped their unwanted pet rabbits near a busy roadway in Victoria.

Now the province is hoping to catch motorists in the act by installing security cameras and new signs at the intersection of Helmcken Road and Highway 1 near Victoria General Hospital.

Bunny dumpers could be fined up to $345 under the province's Wildlife Act, said Janelle Erwin, deputy regional director for the south coast for the Ministry of Transportation.

"There could be other penalties depending on what the level of the offence might be," Erwin said.

A group of volunteers led by Laurie Gaines, a veterinarian, had made progress in capturing around 120 of the rabbits and relocating them to a rabbit sanctuary in the United States.

This June, the volunteers were disheartened to discover around 20 additional rabbits had been dropped off at the site, where Helmcken Road goes underneath Highway 1.

Gaines and her team of around 40 volunteers had devoted a huge amount of time to the humane trapping projects, which began this February.

"Weekends, evenings, doing surgeries, paperwork throughout the week: it's like having a second full-time job," Gaines said, adding that her group is currently fundraising to be able to continue rescuing the rabbits: visit Helmckenrabbits.wordpress.com for more information.

The rabbits cause a number of problems: Motorists slow down to look at or feed the rabbits, and the burrowing animals have caused damage to sidewalks and embankments near the road.

When people feed the rabbits, it makes it harder to catch them because they are less likely to take the food used as bait in the humane traps, Gaines said.

"Anyone who is feeding the rabbits needs to stop immediately so that we have the best chance of rescuing the remaining animals," she said.

Summer is a busy time for volunteer rescue groups: That's when the novelty of a rabbit given to a child for Easter wears off and rabbit owners look to get rid of the pet.

Rabbit rescue centres in Metro Vancouver are currently at capacity.

If you have a rabbit you no longer want, don't dump it, Gaines said. Call the Society for the Prevention of Cruelty to Animals (SPCA), or any animal shelter, for help.

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A phorid fly larva emerges from its dead host, a honeybee, after attacking the bee's brain and eating its insides.
SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

Zombies too real, now in backyard

ENVIRONMENT

Already at risk, bees now under attack from parasitic flies

Wanyee Li
Metro | Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backyard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting an LED lightbulb in a bucket and setting it down near the hive.

She collected 16 dead bees in one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombie-like state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

If too many worker bees are infected with this parasite, the whole hive can collapse, he said.

"The worry here is that a large number of workers in any one hive will get infected by the fly and if that happens, that could affect the health and survival of the hive itself."

Hafernik started a citizen science project called Zombee Watch four years ago where people are asked to send in photos or samples of zombie bees to the university.

The phenomenon had only been recorded in parts of the U.S. but thanks to Wallbank's discovery in July, scientists now know the fly is attacking honeybees further north as well.

"We think this is something that could be an issue for honeybees not only for B.C. but also in the eastern part of Canada," said Hafernik.

Wallbank, owner of the farm-to-table restaurant Riso, hopes the parasite does not become widespread among honeybees because a lot of food comes directly from bee pollination.

"I have a vested interested in bee health and wellness."

She says she plans to continue collecting samples of zombie bees in her backyard and disposing of them to ensure the flies cannot multiply in her backyard.

How does she dispose of them? She uses the tried and true method of flushing them down the toilet.

> **We think this is something that could be an issue for honeybees not only for B.C. but also in the eastern part of Canada.**
> John Hafernik, founder of Zombee Watch

A black bear stands near the side of Highway 881 near Conklin, Alta., in May 2016.
JONATHAN HAYWARD/THE CANADIAN PRESS

Girl in good spirits despite bear attack

COQUITLAM RIVER

10-year-old suffered critical injuries during family swim

A 10-year-old critically injured girl appears to be in good spirits just two days after being mauled by a mother black bear in British Columbia, a conservation officer says.

Murray Smith of the B.C. Conservation Officer Service said the girl was returning with her father and grandmother from a swim in the Coquitlam River on Saturday afternoon when the trio came across a bear with a cub, prompting the female to attack.

"I understand the integral part was (that) the grandma and the father were very aggressive with the bear and that seemed to back the bear off, to allow the child to be scooped up and taken to the hospital," Smith said.

A spokeswoman for the B.C. Ambulance Service described the girl's injuries at the time as critical.

Smith said Monday that the girl had suffered a punctured lung, broken ribs and superficial cuts elsewhere on her body and that she'd had surgery.

"An officer attended and interviewed the family and the girl was in fairly good spirits and seemed to be on the road to recovery," he said.

"I can only think it was very unfortunate luck on the part of this family. It could have happened to any of us. They just happened to be in the wrong spot at the wrong time."

The mother bear involved in the attack would not leave the heavily populated area in Port Coquitlam and had to be killed, but the cub is being held in a wildlife facility until it can be released back into the wild, likely in the spring, Smith said.

There are about 100,000 black bears in B.C., and of the 30,000 annual reports of bear interactions only about 10 involve conflict where a person is hurt, he said.

THE CANADIAN PRESS

> They just happened to be in the wrong spot at the wrong time.
> Murray Smith

MISSION

Man charged in rash of wildfires

Matt Kieltyka
Metro | Vancouver

A man has been charged in connection to a number of wildfires near Stave Lake, B.C., over a two-year period, RCMP announced Monday.

Christopher White, a 35-year-old Lower Mainland resident, faces three counts of arson and damage to property after a lengthy investigation by the RCMP forest crimes unit, Mission RCMP, BC Wildfire Service and the B.C. Ministry of Forests, Lands and Natural Resource Operations.

RCMP were first alerted to the case in 2011, when it received a ministry report about a number of suspicious wildfires in Mission, B.C. believed to be connected.

All of the fires, between 2008 and 2010, were set in July and in an area of Stave Lake that can only be accessed by one service road.

Mission RCMP say they have since increased patrols throughout the summer along Stave Lake and along several forest service roads used by the public.

"Any time there are uncontrolled and deliberately set fires .... there is a significant risk to people and infrastructure," said Insp. Ted De Jager in a statement.

White's first court appearance was scheduled for Monday in Abbotsford provincial court.

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BANGLADESH ATTACK

Photos show Khan with gun at scene, but questions remain

A University of Toronto student remains in custody in Bangladesh following publication of pictures that allegedly show him holding a gun at the scene of a deadly hostage-taking.

However, questions remain unanswered about the context of photos that appear to show Tahmid Hasib Khan on the rooftop of the Holey Artisan Bakery during the July 1 attack that killed 20 hostages.

The New York Times and Guernica magazine have published reports quoting hostages as saying that Khan, 22, was also a hostage, and that he was photographed after being ordered to hold an unloaded pistol.

In a report that included the images, Dhaka Tribune acknowledged that "by themselves, the photos present no hard evidence that links … Tahmid directly to the attackers."

The Tribune also said it could not independently verify the source of the images.

Toronto student Tahmid Khan. CONTRIBUTED/THE CANADIAN PRESS

Khan has been arrested but not charged for the attack, in which five armed gunmen were killed and 13 other hostages freed after an 11-hour siege.

On Saturday, a judge granted police a six-day extension to keep Khan in custody as they probe the attack that was claimed by Daesh.

The University of Toronto has written to the Bangladeshi High Commission in Ottawa, expressing concern for the safety and fair treatment of Khan, U of T spokesperson Althea Blackburn-Evans said on Monday.

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Mark Critch of This Hour Has 22 Minutes stands behind Prime Minister Justin Trudeau in St. John's on Monday. MARK CRITCH/THE CANADIAN PRESS

Comedian turns tables on Trudeau

NEWFOUNDLAND

Bare-chested photobomb not by PM this time

The prime minister's visit to Atlantic Canada has already included one shirtless selfie — but this time, Justin Trudeau is the photobombee rather than photobomber.

Comedian and Newfoundland native Mark Critch pounced on the opportunity to turn the tables on Trudeau during a walkabout on Signal Hill on Monday.

Critch tweeted a photo of Trudeau grinning at the camera with Critch bare-chested in the background.

"Sorry to accidentally photobomb your @CityofStJohns pic @JustinTrudeau," wrote Critch in the tweet, which had been retweeted 1,000 times by early Monday afternoon.

An amused Seamus O'Regan, the MP for St. John's South-Mount Pearl, flanks the prime minister with one hand over his mouth, presumably stifling giggles.

Trudeau made headlines recently with two shirtless photos, the latest while taking a break from surfing and photobombing a couple getting married on a Tofino, B.C., beach. THE CANADIAN PRESS

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Hunter kills Alberta bear with spear

Josh Bowmar killing a black bear in Alberta. YOUTUBE.COM

ANIMAL WELFARE

Video prompts province to review hunting regulations

An American big-game hunter has posted a video of himself killing a black bear in Alberta with a GoPro-equipped spear, drawing criticism on social media and prompting the provincial government to introduce a ban on the use of spears.

Ohio hunter Josh Bowmar, a fitness trainer, posted the video to his YouTube channel on June 5.

Bowmar says the hunt took place during a trip he and his partner Sarah took to Alberta in mid-May.

In the video, a black bear can be seen circling then approaching the baited area where Bowmar stands before he hits it with the spear from just metres away.

"The type of archaic hunting seen in the recently posted video of a hunter spearing a black bear, allegedly in Alberta, is unacceptable," said a statement emailed by Alberta's Ministry of Environment and Parks Monday evening. "Work is well underway to update Alberta's hunting regulations. We will introduce a ban on spear hunting this fall."

In the meantime, the statement said, the ministry has asked Fish and Wildlife officers to investigate the video and "determine if charges are warranted under existing laws."

Facebook posts and comments on the YouTube video described the footage as "barbaric," but Bowmar says he believes it was an ethical kill.

He added the SPCA would be reviewing it to ensure it was an ethical hunt.

TORSTAR NEWS SERVICE

IN BRIEF

Steps against terror
Public Safety Minister Ralph Goodale was in Montreal Monday where he talked about a program designed to reach out to those vulnerable to radicalization.
THE CANADIAN PRESS

Provinces wait for funds
The federal government has yet to sign infrastructure funding agreements with five provinces and two territories — agreements that are a key step before any federal cash can flow to projects across the country.

Ontario, Saskatchewan, Alberta, Nova Scotia, New Brunswick, Nunavut and Northwest Territories have yet to sign funding deals.
THE CANADIAN PRESS

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Daesh recruits lack insight into religion

TERRORISM

Extremist group preys on ignorance of new members

The jihadi employment form asked the recruits, on a scale of 1 to 3, to rate their knowledge of Islam. And the Islamic State applicants, herded into a hangar somewhere at the Syria-Turkey border, turned out to be overwhelmingly ignorant.

The extremist group could hardly have hoped for better.

At the height of Daesh's drive for foot soldiers in 2013 and 2014, typical recruits included the group of Frenchmen who went bar-hopping with their recruiter, the recent European convert who now describes himself as gay, and two Britons who ordered "The Qur'an for Dummies" and "Islam for Dummies" from Amazon to prepare for jihad abroad.

Their intake process complete, they were grouped in safe houses as a stream of Daesh imams came in to indoctrinate them, according to court testimony and interviews by The Associated Press.

"I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'" said the 32-year-old European recruit, speaking to the AP on condition of anonymity. He said he thought he was joining a group to fight President Bashar Assad and help Syrians, not Daesh.

The European, whose boyish demeanour makes him appear far younger than his age, went to Syria in 2014. He said new recruits were shown Daesh propaganda videos on Islam, while visiting imams praised martyrdom.

An analysis of leaked Daesh documents reveals most of its recruits from its earliest days came with only the most basic knowledge of Islam. A little more than 3,000 of these documents included the recruits' knowledge of Shariah, the system that interprets into law verses from the Qur'an.

According to the documents, which were acquired by the Syrian opposition site Zaman al-Wasl and shared with the AP, 70 per cent of recruits were listed as having just "basic" knowledge of Shariah — the lowest possible choice. Around 24 per cent were categorized as having an "intermediate" knowledge, with just five per cent considered advanced students of Islam. Five recruits were listed as having memorized the Qur'an.

THE ASSOCIATED PRESS

> I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?' Daesh recruit

Civilians flee villages outside Mosul on Monday, the day after Iraqi Kurdish forces launched an operation east of the Daesh-held city in Iraq. THE ASSOCIATED PRESS

IN BRIEF

11 dead in Yemen airstrike
An airstrike hit a hospital supported by Doctors Without Borders in northern Yemen on Monday, the humanitarian group said, killing 11 people and wounding at least 19 others. THE ASSOCIATED PRESS

Syrian troops repel rebels
Syrian troops fought off a rebel advance near Aleppo Monday, forcing opposition forces to retreat from positions they seized a day earlier. THE ASSOCIATED PRESS

U.S. ELECTION

Trump unveils new immigration plan

Donald Trump called Monday for "extreme" ideological vetting of immigrants seeking admission to the United States, vowing to significantly overhaul the country's screening process and block those who sympathize with extremist groups or don't embrace American values.

"Those who do not believe in our Constitution, or who support bigotry and hatred, will not be admitted for immigration into our country," Trump said in a foreign policy address in Youngstown, Ohio.

The Republican nominee's proposals were the latest version of a policy that began with his unprecedented call to temporarily bar foreign Muslims from entering the country — a religious test that was criticized across party lines as un-American. THE ASSOCIATED PRESS

More families turn to visiting au pairs

DAY CARE

Rise pegged to changes in caregiver program

Calgary mom Paige Shaw found herself in a bind when her nanny decided to return to Toronto last year.

So she turned to the Internet to find their next caregiver and joined a growing number of Canadians seeking new ways to manage what can be frustratingly hard-to-find child care — by hiring an au pair.

The 38-year-old says she had never heard of the concept before last year, but after finding Kimberley Spence, a 19-year-old from Perth, Australia, she says it is "hands down" the best arrangement for her family.

The phenomenon of hiring a young traveller on a holiday working visa instead of a traditional live-in nanny is definitely on the rise, says Manuela Gruber Hersch of the Vancouver-based International Nannies and Homecare.

"We started about four years ago with a few, and then basically the placements after that doubled," says Gruber Hersch, also president of the Association of Caregiver and Nanny Agencies Canada.

She pegs the rise to changes two years ago to the federal government's foreign caregiver program that made it "risky, very expensive and cumbersome" to secure a full-time nanny from overseas.

One of the reasons au pairs are lesser known in Canada is that many are hired under the table, says Gruber Hersch. Cost is a big issue, since parents must adhere to minimum wage rules and make deductions for Employment Insurance, Canada Pension Plan and income tax. In the end, the cost can be comparable to a daycare or nanny.

THE CANADIAN PRESS

Paige Shaw, top left, and her family Chase, Finn, and Dana Shaw with their Australian au pair Kimberley Spence, bottom, in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

> We started ... with a few, and then basically the placements after that doubled. Gruber Hersch

SHOPPING

Back-to-school sales to grow, experts say

Retail experts are forecasting an increase in Canadian back-to-school spending this summer thanks in part to the low loonie and the new Canada Child Benefit.

Business consulting firm EY, formerly Ernst and Young, predicts that retailers will see a 4.5 per cent increase this year over 2015 sales as students stock up for another year in the classroom.

"What we've been seeing is stronger retail sales for a few reasons," said EY's Daniel Baer.

"The Canadian economy has been relatively strong (and) there's been some more government spending in terms of child-care benefits ... putting money into the hands of families."

EY doesn't expect all provinces to reap the rewards of increased back-to-school spending. The struggling oil-and-gas industry and rising unemployment in the Prairies point to lower spending, especially in Alberta.

THE CANADIAN PRESS

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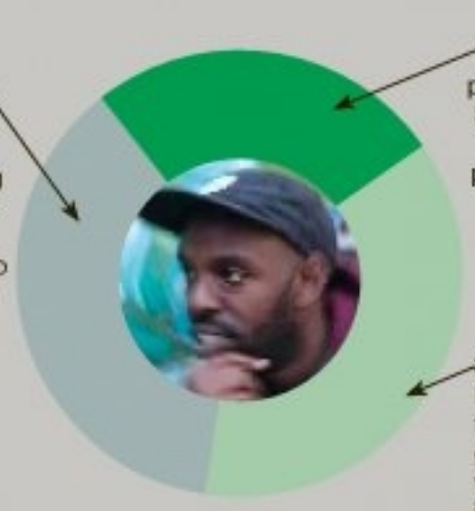
metro VIEWS
Your essential daily news
Tuesday, August 16, 2016

METRO POLL

O, Shad, we hardly knew ye

The CBC announced Monday that Shad will no longer be the host of Q, the public broadcaster's daily arts-and-culture radio show. He'll be replaced by longtime backup host Tom Power. Under Shad, the show was unable to recover from the Jian Ghomeshi sexual-assault scandal: Ratings have steadily plummeted since Ghomeshi was removed in the fall of 2014. We asked readers for their take on the move.

1 Is replacing Shad the right move for Q?


37%
Yes. It's been obvious for a long time that the kid isn't up to the task.
26%
No. It was premature. Shad's still new and promising. Let him improve!
37%
I don't mind that Shad's gone, but why is this boring white guy taking over?

WE ASKED Metro readers

Shad is a low-key host but projects warmth and to his subjects. He might need coaching on interviewing, but I like him a LOT better than Power, who is way too 'chirpy' and sounds like someone who hawks vitamins for a living.

I was enjoying Shad's work. Letting him come into his own and build something outside Ghomeshi should have started with a new name.

He never left script and let golden opportunities pass.

He just did not develop the interview skill necessary for the format of Q. Always sounded like he was reading someone else's list of questions.

NO MORE BORING WHITE DUDES IN MEDIA PLZ

I'd like to see a woman in there, given the reason JG is gone. I do like Tom Power though...

He isn't the worst thing on the CBC. There are many other 'personalities' that are wanting.

visit metronews.ca
HAVE YOUR SAY

Is Canada's team doing as well as it should in Rio?

Richard Florida

In many ways the Rio Summer Games is shaping up to be a banner Olympics for Canada. Swimmer Penny Oleksiak has hauled in four medals including gold in the women's 100-metre free-style swim. Sprinter Andre De Grasse took the bronze in the men's 100-metre run. With 13 medals and 11th place among nations as of Monday morning, it's easy to heap praise on Canada's performance.

But simple medal counts often fail to provide a meaningful indication of a country's relative performance.

With the help of Charlotta Mellander and Patrick Adler, my colleagues at the University of Toronto Martin Prosperity Institute, I ranked each nation's overall medal performance by their population, size of their economy and the number of athletes on their Olympic teams.

Sadly, when we look at the number of medals based on size of population, Canada falls further down the list. We rank 26th with 3.6 medals per 10 million people. Tiny Grenada takes the top spot on this metric. Its one medal is equivalent to 93.6 medals per 10 million people. New Zealand is second with 17.4, followed by Slovenia with 14.5, Denmark with 12.3, and Hungary with 12.2. Large countries generally speaking do worse on this metric. The U.S. falls from first in total medal count to 36th (with 2.15 medals), Russia goes from fourth to 38th, and China falls to 60th.

Canada does even worse when we look at medals based on the size of the economy. Canada ranks 42nd with less than one medal (0.8 medals) per $100 billion of economic output or GDP. Again, Grenada tops the list: its one medal translates to more than 100 medals (per $100 billion GDP). Fiji is next with 22.8, followed by Jamaica (21.4) and Mongolia (17.1). By this metric, the United States is 54th, Russia 26th and China 53rd.

Perhaps the most useful way to measure success is to look at how many medals nations bring home based on the size of their Olympic teams. This metric makes the size of a country a more neutral factor in comparing results.

On this list, too, Canada doesn't fare particularly well, placing 37th: just 0.4 medals per 10 Olympians. Small countries take the top three spots. North Korea places first with 1.93 medals per 10 team members; Grenada is second with 1.43; and Kosovo third with 1.25. But Canada's rank on this metric is much more daunting, because many big countries with large teams tend to do well on it: The U.S. rises to fourth place with 1.22. China is fifth with 1.12 and Russia sixth with 1.06.

Of course, in a country famous for hockey and "We the North" the Summer Games may be an afterthought. But we have advantages: it is a big country with a big team, not to mention that its openness to immigration gives it an edge in attracting talent from around the world. There is much to be proud of in the individual successes of athletes like Oleksiak and De Grasse. But, at a broader national level, it's time for Canada to up its summer game.

Richard Florida is director of cities at the Martin Prosperity Institute in the University of Toronto's Rotman School of Management.

Could a renters' strike be in Vancouver's future?

CITY HOLLER

Trish Kelly

It's been two weeks since the province enacted its new 15 per cent foreign-buyer tax. It's still too early to tell if the tax will really give locals enough of an advantage to make home ownership more affordable in our Metro area.

While we don't know if the tax will work, at least those with a gripe about the real estate market have seen the government respond.

With a vacancy rate below one per cent, renters are at the mercy of landlords and the market. They make desperate moves.

Renters, who also struggle with a lack of affordability in our region, have not been so lucky.

For those looking to rent homes in Metro Vancouver, conditions are worsening. With a vacancy rate in the region below one per cent, renters are at the mercy of landlords and the market. They make desperate moves.

Landlords are entertaining multiple offers on apartments and taking the highest bidder, and it's completely legal.

Many landlords are choosing to list their suites on Airbnb, removing up to thousands of suites completely from the local rental market.

More recently, stories have been surfacing of a new loophole landlords are using to get around the Residential Tenancy Act's annual 2.9 per cent rent-hike cap. Tenants are being asked to sign fixed-term leases with a stipulation they'll move out at the end of the lease. When the agreement expires, tenants are offered a new lease, at a much higher rent, as much as ten times the allowable 2.9 per cent. Tenants can either accept the new lease or try to find a new place to live.

In some new rental towers downtown, fixed-term leases with a move-out clause are becoming common, even standard practice.

Renters can hope that the provincial government will consider closing the loophole. But the provincial government's official line is that the RTA adequately protects renters; anyone who signs such a lease is aware of their move-out clause and it's their own fault for signing it. But it takes no more than an ounce of empathy to see a place to live for 12 months could feel like the only option for someone experiencing the brutally competitive rental situation.

While we wait for the province to start caring about the plight of renters, what else can renters do?

For centuries, in big cities with long histories of unaffordability like New York City and London, fed-up tenants have banded together into renters unions, refusing to pay rent hikes and demanding proper upkeep.

It's hard to make an effective protest if you're one tenant with an individual landlord, but if a whole building of renters on fixed-term leases united and said no to a rent hike? Maybe that would make opportunistic landlords think twice. Maybe that would force our provincial government to prick up their ears.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

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metro LIFE

Your essential daily news

Stranger Things star Mike Wheeler covers Nirvana's Lithium and the internet loves it

REVIVING FITNESS FADS THROUGH MUSIC

A few years ago Zumba was the 'it' fitness fad. But these days many people would be embarrassed to admit they ever went to the dance-cardio classes. Now, the brand has hired music producer Timbaland in a bid to give Zumba a second 15 minutes of fame. Here are five other former fitness fads that could use the help of a hip producer to get back into fighting shape. **MELISSA DUNNE/METRO**

1

Runnin' thru The 6 with my quads

If you watched TV in the early '90s there was no escaping Suzanne Somers encouraging viewers to "squeeze, squeeze your way to shapely hips and thighs" with the ThighMaster. Toronto-born producer **Noah "40" Shebib** could give a new generation a new view on the toning device. Perhaps he could get his swole bestie **Drake** to work his thighs whilst a moody, atmospheric tune plays in the background for a millennial version of this classic infomercial?

ISTOCK

2

Can't stop the sliding

Yep, exercise involving a stripper pole and lap dances was a real thing in the '00s, with devotees that included Carmen Electra, Teri Hatcher and Kate Hudson. One assumes current strippercise classes are about as depressing as a strip club on Christmas Day. This erotic form of exercise could use the magic touch of **Max Martin**, who just produced Justin Timberlake's first hit in years. If anyone can revive things that were hot about a decade ago, it's Martin.

3

Making step class supa dupa fly

In the '80s Jane Fonda made wearing a bright leotard and legwarmers while stepping on a plastic box the thing to do. If anyone can make step aerobics supa dupa fly again it would be Timbaland's long-time pal and collaborator **Missy Elliott**. She just inspired U.S. First Lady Michelle Obama to sing 'Get Ur Freak On' on television, so the hottest 'round seems up for the challenge of getting people to step up to step class in 2016.

4

If you feel like pilates is the truth

Gwyneth Paltrow has been partially responsible for popularizing many fitness fads over the past decade, including Pilates. New York Magazine recently declared this gruelling and repetitive exercise routine about as dead as Paltrow's acting career. If super-producer **Pharrell Williams** can make wearing a Mountie hat a thing, he can definitely make doing tiny circles with your legs over and over and over again a thing again.

5 Piloxing's chance for hybrid cool

ISTOCK

Back in the halcyon days of 2013 The Daily Mail was asking if Piloxing was the new Zumba. Yes, yes it was, friends. Alas, while the "hot fitness trend" combined Pilates and boxing and had a creative portmanteau it was definitely not hot a mere three years later. Canadian wunderkind **Ebony Naomi Oshunrinde, a.k.a. WondaGurl**, is only 19, and has already worked with the king of rap, Jay Z. Piloxing needs a young, fresh image and this rising star from Brampton, Ont., could get the hybrid exercise back in the ring.

INSTAGRAM/ WONDAGURL

RADIO

Shad steps down as host of Q

Shadrach Kabango a.k.a. Shad, is stepping down as host of the CBC Radio show Q, the broadcaster announced Monday. His last day as host will be Tuesday, CBC said in a statement that also named his replacement as Tom Power.

Kabango will be pursuing "new creative opportunities" with the CBC said Susan Marjetti, executive director of CBC Radio English Services.

"We are refocusing and reinvesting in Q to ensure it continues to evolve and deliver what our audience wants from CBC Radio's flagship music, arts and cultural program," Marjetti said.

"Tom is a great fit for Q. We look forward to exploring a new show with Shad that plays to his strengths and passion for music. Shad remains part of our CBC family."

Kabango was hired as the permanent host of Q in April 2015 following a search to replace the show's previous host, Jian Ghomeshi. But critics thought his delivery and interview-skills were lukewarm, and the show's ratings were lackluster.

"Well, my time at q has come to a close," said Kabango in a statement. "It's been an honour and a JOY to serve in this role! . . . My relationship with the CBC remains strong."

Kabango says he will also be returning to music. Before joining Q, he was a rapper most famous for beating out Drake to win Rap Recording of the Year at the Junos in 2011 for his album TSOL.

TORSTAR NEWS SERVICE

GET TO KNOW THE REPLACEMENT

Here are some quick facts about Tom Power:

- He's a folkie at heart, having started his career in folk college radio.
- He joined the CBC in 2008 at the age of 21 as host of Deep Roots, becoming the youngest host of a national CBC Radio program since Peter Jennings.
- In 2011, he became the permanent host of Radio 2 Morning, so he's spending the final years of his 20s waking up very early.
- He hails from St. John's and lives in Toronto.
- He's frontman for the Dardanelles who trade in lively traditional music.
- He apparently loves bluegrass, fishcakes and bad jokes. TORSTAR NEWS SERVICE

COURTESY CBC/DUSTIN RABIN

Pelvic problems surprise new moms

OB-GYN ISSUES

Education, physio can help with postpartum complications

Genna Buck
Metro Canada

When Laura Foster, 27, gave birth to her daughter Kinsley last September, no one warned her about the less dignified aspects of becoming a mother.

"A couple weeks after I had her, I sneezed when I was sitting on the couch feeding her and I peed myself. I was like, 'Oh my goodness.' Of course my husband starts laughing. I'm stuck in this position," Foster said.

Giving birth can do serious damage to the pelvic floor — the supportive muscles and connective tissue surrounding the bladder, lower intestines, and in women, the uterus.

This can result in all sorts of issues, from back pain to organ prolapse to painful sex, but one of the most common and debilitating is urinary incontinence, which affects about a third of new mothers.

According to Marie-Josée Lord, physiotherapist and past chair of the Canadian Physiotherapy Association's women's health division, there's been a surge of awareness about pelvic-floor issues. However, screening and treatment for them "is not part of standard care."

Usually, Lord said, postpartum incontinence can be successfully treated with physiotherapy (and there's some research to back this up). But physio is not covered by provincial health plans. Many women, Lord added, don't seek treatment at all either because they're embarrassed or because they don't know anything can be done.

On the suggestion of her sister-in-law, Foster found a physiotherapist near her home in Belleville, Ont. who offers pelvic physiotherapy.

When she started treatment she had little control of any muscles "from the bellybutton down."

Having physio on her internal vaginal muscles was uncomfortable, but it worked.

"Basically, after you've had a kid you have no shame. I told her just to do it if it's going to help.

"She sort of put pressure on (the muscle) to release it. It hurts. It's not a very pretty kind of physio, but it works."

After half a dozen appointments, her incontinence all but disappeared, and she has been able to go back to work early. "I would have been terrified to go back if I hadn't done this," Foster said.

The extent of the information Foster received from her doctor about pelvic floor health was some pamphlets and encouragement to do kegel exercises.

With only a pamphlet for guidance, around 40 per cent of women do kegels incorrectly, Lord said.

At postpartum visits, busy family doctors and OB/GYNs tend to check on external healing and leave it at that unless women bring up specific issues, Lord said — though that's starting to change.

"I started doing pelvic health 25 years ago. It's a lot better now. There's a lot more awareness among both physicians and women.

"But there's still a long way to go," she said.

She held up France as an example. There, as many as 10 sessions of rééducation périnéale (lady-parts rehab, basically) are automatically prescribed free to every new mother.

Lord didn't suggest Canada should follow suit, but said even one postpartum physio visit to check for any issues and teach the proper way to do pelvic floor exercises would make a huge difference for many women.

Dr. Lynn Stothers, a professor of female urology at the University of British Columbia, said pelvic muscle rehabilitation is effective, and that nurses and doctors can be trained to do it as well as physiotherapists. But, she cautioned, it's not a "cure-all" because incontinence has many causes and can be lifelong.

Foster has been having the conversation with other women that she wishes someone had with her.

"Nobody really tells you this stuff," she said. "I go to playgroups. A lot of the women out there are starting to talk about this, and you realize there is help."

Laura Foster experienced damage to her pelvic floor after giving birth, but physio successfully treated her issues. CONTRIBUTED

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"Becoming a health care assistant (HCA) is a great career option for people who want to help others and make a difference as frontline caregivers," says Natasha Lyons, senior administrator for the B.C. campuses of Saint Elizabeth Health Career College. "We offer a diploma program for HCAs as well as an enriched ESL option that includes English language training, concurrent to the regular HCA curriculum."

As a national network of not-for-profit regulated career colleges, which was built off the pioneering vision of Saint Elizabeth, one of the largest health care providers and employers in Canada, the College exclusively focuses on health education. Its college standards exceed the learning outcomes of the 2015 BC Provincial HCA curriculum and HCA program graduates are eligible for registration with the B.C. Care Aid Registry.

"Our Colleges are led by Saint Elizabeth experts and leaders in health care, community health and adult education," says Lyons, who in her role manages the school's Vancouver and Victoria locations. "Our goal is to give students cutting edge knowledge, skills and competencies to provide exceptional health care and patient experiences, and to create positive working environments through a team-based approach."

CONTRIBUTED

To help students launch careers, the College offers all HCA diploma program graduates an employment interview with Saint Elizabeth Health Care. In addition, says Lyons, they are fully prepared for work in many health care environments such as hospitals and various facilities.

Registration for the Sept. 19 start date of the HCA and HCA-ESL programs is open until Sept. 16. The HCA program is offered in-person at the school's state-of-the-art B.C. campuses, and through a blended delivery option that combines online and in-person learning.

metro RIO

Canadian open-water swimmer Richard Weinberger's remedy for illness-causing bacteria: a mild antibiotic and a few sips of Coca-Cola

Coach preps players for battle

RIO2016

Canadian soccer team to get pep talk from MMA star

When Canada's women's national soccer team readies for Tuesday's Olympic semifinal (3 p.m. ET, CBC), coach John Herdman will unspool a pre-match message from a Canadian sporting legend.

Georges St. Pierre, the UFC fighter, will offer words of inspiration via video in the moments before the Christine Sinclair-led squad takes on Germany for a berth in Friday's gold-medal game, the coach said. Herdman, an aficionado of the mixed martial arts, arranged the pep talk because he loves the blood sport's lessons of passion and perseverance. He said he's been exposing his team to occasional doses of UFC footage "whether they like it or not."

And the message has been received by the players, albeit while sometimes watching through fingers.

"We definitely have taken the message away, while maybe not enjoying the face-smashing quite as much as John does."
Shelina Zadorsky

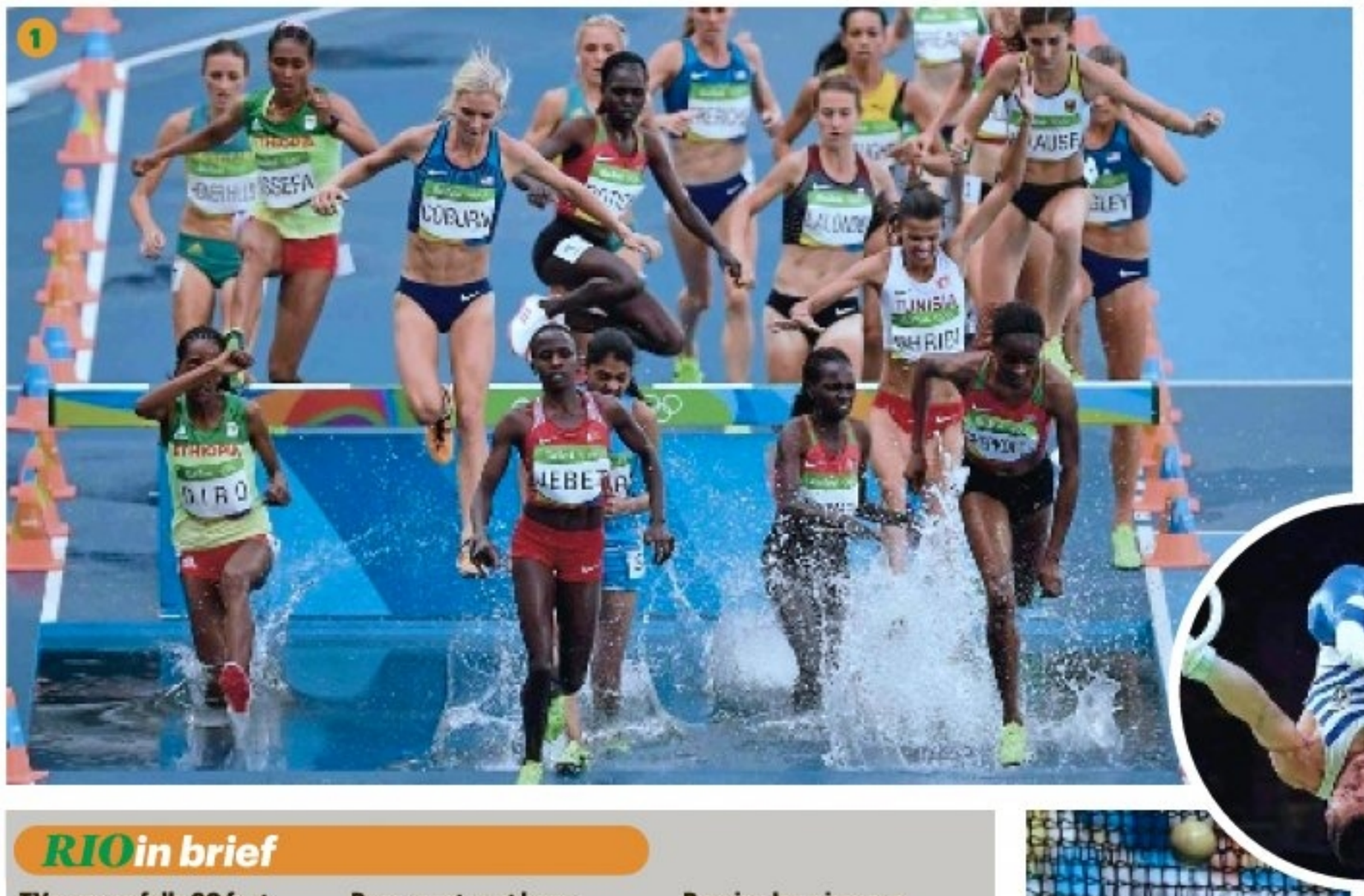
"To be honest, UFC makes me cringe a little, so I look away sometimes. But it's the mindset he's trying to teach us," Canada goalkeeper Stephanie Labbe was saying Monday. "It's the idea that whoever you're stepping out there against on any given day, you have to have the belief you can beat them. And this team — we have that right now."

Why shouldn't Canada have it? With a flawless 4-0 record at these Olympics, including a group-stage win over the Germans, they find themselves with two games remaining in a five-ringed journey around Brazil that's been magical to watch. A win Tuesday against Germany means they play for gold in Rio on Friday. A loss, and it's Friday in Sao Paulo for a chance at repeating as bronze medallists.

If Herdman spent part of Monday's news conference trying to position his team, ranked 10th in the world, as rabid underdogs against the No. 2 Germans — framing the opponent as a "juggernaut" and insisting "it's theirs to lose" — the coach allowed that his team's success, after a revamp that layered youth beneath a proven core, isn't exactly unforeseen. (To that end, German coach Silvia Neid insisted Canada "should be the favourite.")

Said Herdman: "Quietly, behind the scenes, we knew what we were capable of. We weren't going to say that publicly. But we knew this team could push. We had a four-year plan in place.... And we're starting to see the fruits of that, for sure."

TORSTAR NEWS SERVICE



1 Bahrainian bounce — Ruth Jebet captured Bahrain's first-ever gold medal after winning the women's 3,000-metre steeplechase in a time of 8:59.75 on Monday. SHAUN BOTTERILL/GETTY IMAGES

2 Coming up short — Toronto pole vaulter Shawn Barber failed to duplicate his success from the 2015 world championships and Pan Am Games — where he left with golds — as he failed to win a medal. Brazil's Thiago Braz da Silva set a new Olympic record (6.03 metres) for the victory. FRANK GUNN/THE CANADIAN PRESS

3 Lord of the rings — Eleftherios Petrounias won in men's rings for Greece's second gold medal of the Games. LARS BARON/GETTY IMAGES

4 Laying down the hammer — Poland's Anita Wlodarczyk set a new world record of 82.29 metres en route to winning the women's hammer throw. ADRIAN DENNIS/AFP/GETTY IMAGES

RIO in brief

TV camera falls 60 feet, injures seven people

Seven people were injured Monday when an elevated television camera plummeted more than 60 feet to the ground in the Olympic park outside the basketball venue in the latest in a string of mishaps at the Rio Games.

The Olympic Broadcasting Service said two guide cables on its camera snapped, causing it to fall to a lower concourse that feeds into the basketball stadium. TORSTAR NEWS SERVICE

Poor sport sent home

The Egyptian judo athlete who refused to shake his Israeli opponent's hand after losing a first-round heavyweight fight was sent home Monday.

The IOC called Islam El Shehaby's conduct following his loss on Friday to Or Sasson "contrary to the rules of fair play and against the spirit of friendship embodied in the Olympic values."

Sasson went on to beat Cuba's Alex Maxell Garcia Mendoza for the bronze medal. THE ASSOCIATED PRESS

Russian long jumper cleared to compete

The lone Russian track and field athlete at the Olympics has won her appeal to compete in Rio.

The Court of Arbitration for Sport ruled early Monday that Darya Klishina is eligible to take part in Tuesday's long jump qualifying because she has been based outside of Russia for the last three years and has been subjected to regular drug testing.

Klishina placed 10th at the 2015 world championship with a jump of 6.65 metres. THE ASSOCIATED PRESS

metro SPORTS

The Cubs apologized and fired an employee for playing The Prodigy's Smack My B---ch Up when Aroldis Chapman left the mound Sunday

Sauers' magic moment arrives after darker days

GOLF

First seniors crown claimed a decade after battling illness

A decade after battling a rare illness that nearly killed him and kept him off the golf course for seven years, Gene Sauers celebrated his first victory on the senior tour.

Sauers closed with a 1-under 69 and took advantage of another collapse by Miguel Angel Jimenez to win the rain-delayed U.S. Senior Open on Monday.

The 53-year-old from Georgia finished with three straight pars to go from a one-shot deficit to a one-shot victory over Jimenez and Billy Mayfair at Scioto Country Club. He finished with a 3-under 277 for the tournament.

"It hasn't sunk in yet," he said. "It's been a long time, and I'm at a loss for words right now."

The victory caps an amazing comeback for Sauers 10 years removed from nearly dying. He was incorrectly diagnosed with rheumatoid arthritis, spent seven weeks in the hospital and was given a 25 per cent chance of survival. Eventually he was diagnosed with Stevens-Johnson syndrome, a rare disorder of the skin and mucous membranes that causes the skin on the extremities to burn from the inside out.

Some days, he couldn't even get off the couch.

"It means the world to me," he said. "I saw the light at the end of that tunnel, and I was heading there. The good Lord stopped me and backed me up and said, 'No, you're not done yet.' It's just unbelievable to not play golf, not touch a golf club for seven years and to come out and to win a major golf tournament on a hard golf course."

Jimenez had a one-shot advantage going into the final round but again blew a lead. He led Sauers by a stroke to start the day but double-bogeyed the second hole, and Sauers birdied to overtake him. The Spaniard regained the lead with a birdie on the 15th hole, a two-shot swing when Sauers made bogey, only to bogey the 17th hole.

> **I told my wife when I was in hospital, I didn't think I was ever coming out.**
> Gene Sauers

They were tied on the 18th, but Jimenez missed the green and made a second straight bogey. Sauers made a five-foot par putt to win.

Sauers had 17 top-10 finishes in five years on the senior tour but hadn't managed a win. He last won a PGA Tour event in 2002.

Sauers now is exempt into the U.S. Open next year at Erin Hills.

"Being back to playing with these guys, it's a pleasure," he said. "I didn't think I'd ever be here. I told my wife, when I was in the hospital, I didn't think I was ever coming out. She kept me strong."

For Jimenez, it was the third consecutive tournament he let a lead slip away.

Three weeks ago at Carnoustie in the Senior British Open, the 52-year-old Spaniard took a four-stroke lead into the last day, then shot 75 and tied for third — three strokes behind winner Paul Broadhurst. Last week in the 3M Championship, he was a stroke ahead entering the final round and ended up losing when Joe Durant shot 63 and eagled the first hole of a playoff.

"I'm human, you know?" Jimenez said. "I'm going to make bogeys. I'm going to make birdies. It's the way it's coming. That moment is not on my side."

THE ASSOCIATED PRESS

Gene Sauers claimed the U.S. Senior Open after a tense battle with Spaniard Miguel Angel Jimemez at Scioto Country Club in Upper Arlington, Ohio. GREGORY SHAMUS/GETTY IMAGES

IN BRIEF

A-Rod will sit for season

Alex Rodriguez says he won't play again this season.

The three-time AL MVP was released Saturday by the New York Yankees, who owed him about $27 million for the rest of his contract, which runs through 2017.

"I want to put all this talk to rest about Alex playing for any team this season," Rodriguez's spokesman Ron Berkowitz said in a statement Monday.

THE ASSOCIATED PRESS

Green grinds down Jays

Chad Green struck out 11 in six dominant innings, Aaron Judge delivered again with an RBI double and Dellin Betances escaped a ninth-inning jam, leading the New York Yankees over the Toronto Blue Jays 1-0 on Monday.

The Yankees won for the fifth time in six games. They dropped Toronto percentage points out of first place in the AL East and pulled within 5-1/2 games of Baltimore. Green (2-2) was in complete control. He gave up two hits and outpitched R.A. Dickey (8-13). THE ASSOCIATED PRESS

Costa gets Conte off mark

Striker Diego Costa struck in the 89th minute as Chelsea won its first competitive match under Antonio Conte, beating West Ham 2-1 Monday night in the English Premier League. West Ham thought it had grabbed a late equalizer after James Collins' well-struck shot in cancelled out Eden Hazard's penalty kick.

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RECIPE Cobb Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This twist on the diner classic swaps feta for blue cheese but the whole salad can be freestyled to suit your tastes (and what's in the fridge!).

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

Ingredients
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 2 chicken breasts
- 6 bacon slices
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 head of romaine, thinly sliced

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sautée bacon until crisp. Drain on a paper towel. Cut or crumble into pieces.

3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

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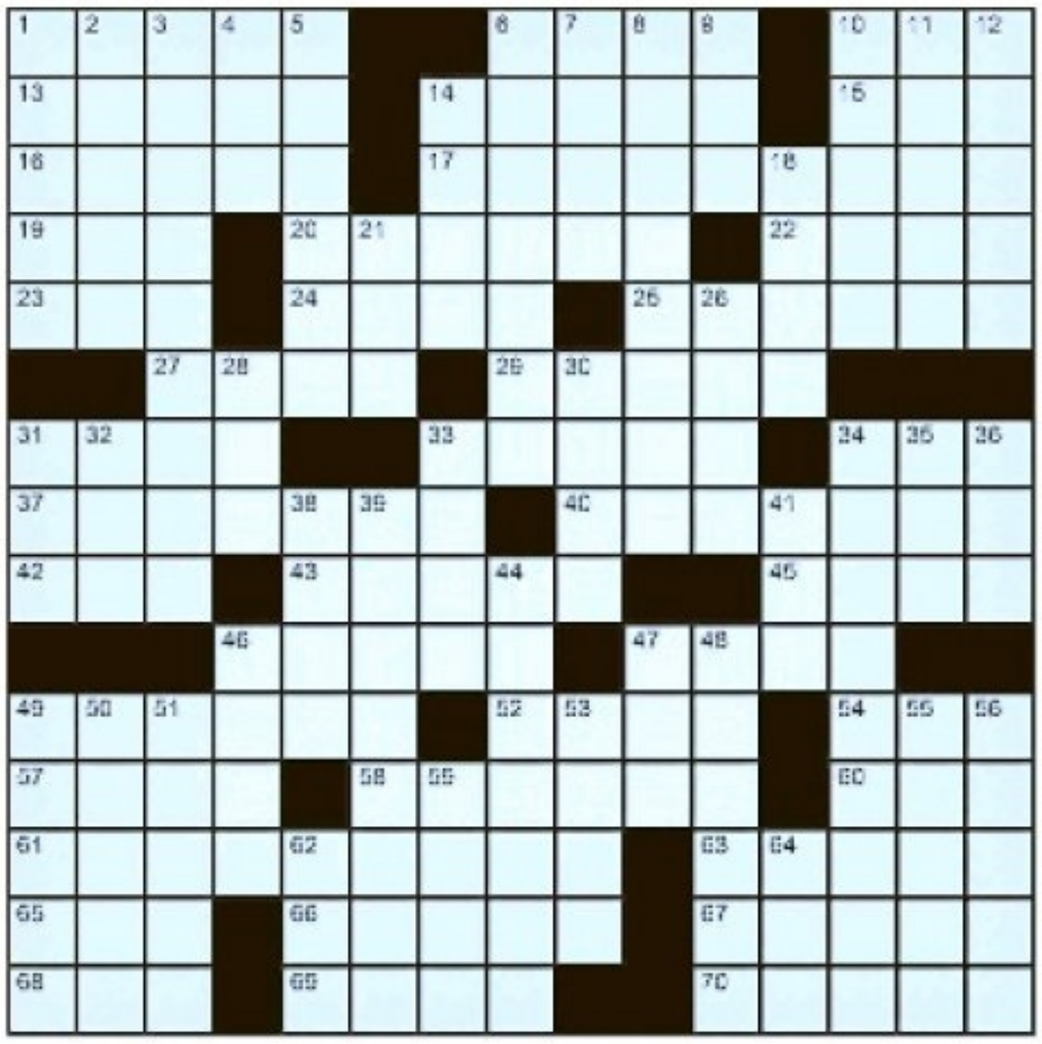
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: _ Volleyball
6. "Be-_-_-Lula"
10. $20s-spewing source
13. Cop _ _ (Bargain in court)
14. Pave anew
15. French vineyard
16. Port city in northern Brazil
17. RIO 2016: Olympic island nation
19. Yes
20. Greek Myth: Snake-haired Gorgon
22. Single occasion
23. RIO 2016: Tel Aviv's country, IOC-style
24. "Wyatt _" (1994)
25. Lumberjack
27. RIO 2016: Rower's needs
29. Curls
31. Dull noise
33. Skirmish
34. Mr. Bachman
37. RIO 2016: Rio de _
40. RIO 2016: Olympic country of the Atlas Mountains
42. 16th-century English dramatist, Thomas _
43. RIO 2016: Like #1-Across' playing surface
45. Showy flower
46. Tropical bean tree
47. Spanish 'island'
49. _-_ chalet
52. Russian river
54. Sugar amt.
57. Declared
58. Newfoundland: Bell Island town
60. "Yoo-_!"
61. RIO 2016: Athletics field event: 2 wds.
63. Beauts
65. Mauna _ (Hawaiian volcano)
66. Someone _ (Not mine)
67. Lofty layer
68. 'Hatch' suffix
69. Travel purchases [abbr.]
70. Elvis' "Suspicious _"

DOWN
1. "_ _ Need Your Loving" by The Four Tops
2. RIO 2016: Fencing swords
3. RIO 2016: Gymnastics event, Men's Individual _-_
4. Dee's preceder
5. RIO 2016: _ Throw
6. Quebec town on the St. Lawrence River
7. Giant of ancient Greek mythology
8. RIO 2016: _ Bars (Gymnastics apparatus)
9. Political pundit Mr. Fleischer
10. Nailing
11. Armistice
12. Ponderer
14. What's leftover, briefly
18. Clothes
21. '_' _ in Edmonton
26. Fashion designer Mr. Cassini
28. Citrus drink
30. Skin care brand
31. RIO 2016: 'Tajikistan', IOC-style
32. Bale of _
33. _ Lisa (The Louvre masterpiece)
34. RIO 2016: Sport in which Canadian Olympian Simon Whitfield won gold in Sydney in 2000
35. Garlic: French
36. Set down
38. "'_, _ take you Diane...'" (If Ted and Shelley's characters married on "Cheers")
39. RIO 2016: Event in Athletics: 2 wds.
41. Annex
44. RIO 2016: Badminton and Tennis competitions
46. 'Motor' suffix
47. Mr. Fleming
48. RIO 2016: Whitewater rapids event
49. Crunchy fruit
50. RIO 2016: Gymnastics event, Women's _ Exercise
51. RIO 2016: Track team race event
53. Mice pals
55. Sensible
56. Models
59. RIO 2016: 'Down Under' Olympic country, briefly
62. Fido's doc
64. Submachine gun variety

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see a marvellous way to introduce reforms or improvements at work today. You might see ways to improve your health as well. Move ahead in both directions.

Taurus April 21 - May 21
Romantic relationships are passionate today. A new relationship that begins now will be intense. Destiny!

Gemini May 22 - June 21
You can make a powerful improvement to your home that will make things run more smoothly, especially improvements to bathrooms, plumbing and laundry areas.

Cancer June 22 - July 23
Your ability to convince anyone of anything is amazing today. Your words are like gold. This is a strong day for writers, actors, teachers and salespeople

Leo July 24 - Aug. 23
You are passionately resourceful today. You might see ways to make money from art. Or perhaps you see new applications for something that can generate money.

Virgo Aug. 24 - Sept. 23
Whatever you do today, you will do with intense passion. Life is black and white, not gray. You either want something or you don't. (Oh my.)

Libra Sept. 24 - Oct. 23
Passionate, secret trysts will take place for many of you today. You have to ask yourself if this relationship is a positive thing in your life. (Yes, it's irresistible, but so are nachos.)

Scorpio Oct. 24 - Nov. 22
A friend might become a lover today. One thing is certain: All your interactions with friends and members of a group will be intense and memorable.

Sagittarius Nov. 23 - Dec. 21
Others might seek your advice about how to make something more attractive. This could be design, layout, anything. Meanwhile, a flirtation with a boss might be too hot to handle.

Capricorn Dec. 22 - Jan. 20
Romance with someone from another culture or a different country will begin for some of you now. Others will be passionate about issues regarding politics, religion and race.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property, inheritances and debt will not be casual today. Nothing is casual today (particularly intimacy).

Pisces
Feb. 20 - March 20
Your feelings for partners and close friends will be forceful and powerful today. You might see a new, deeper level of the relationship that you had never realized before.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9	6	5	3	2	1	4	8	7
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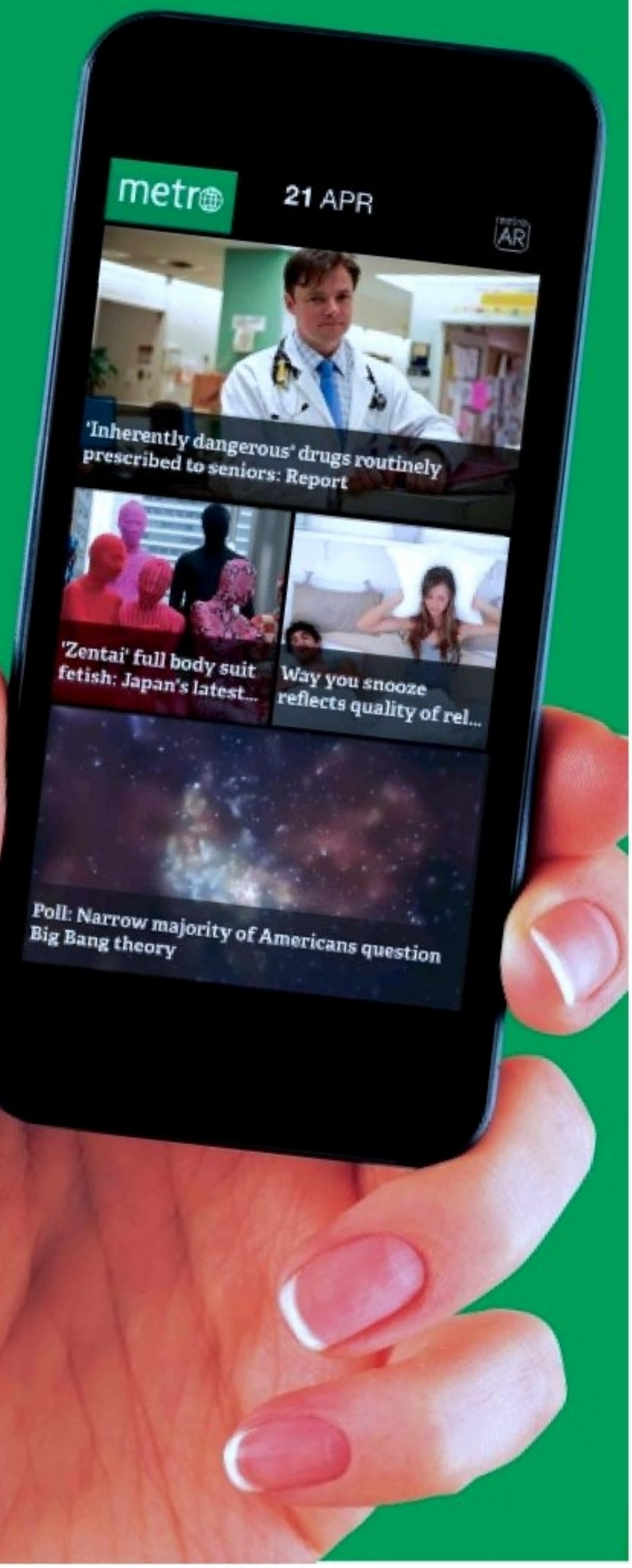
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